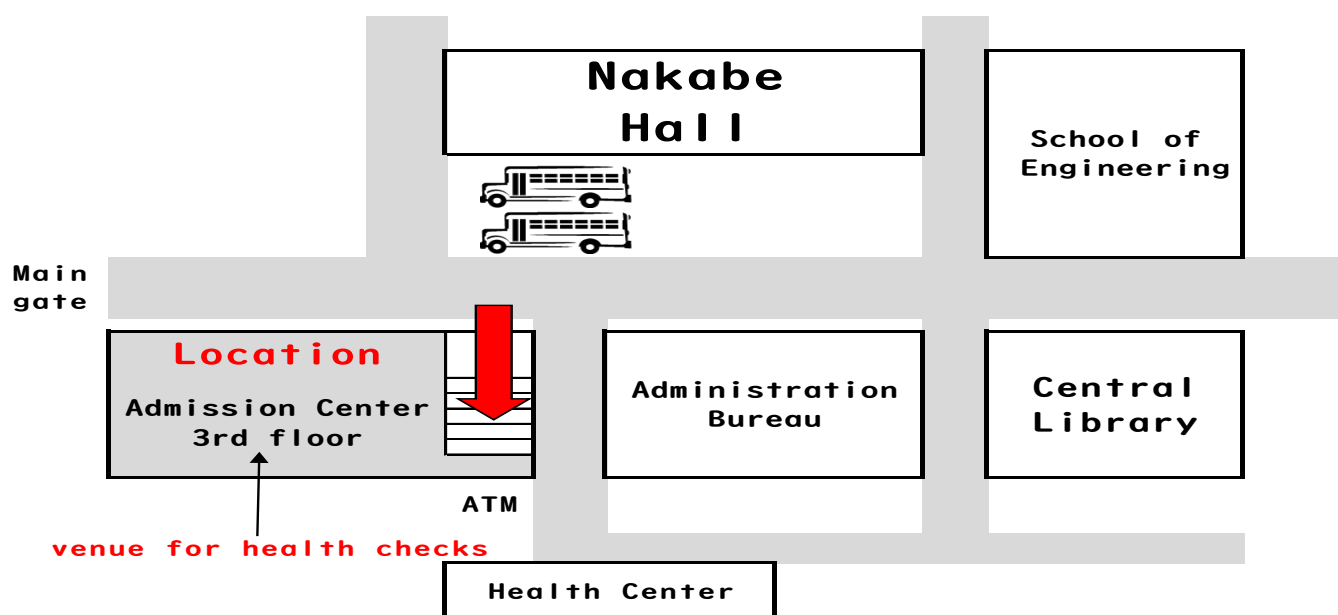


2024 Annual Student Health Checks

Health check results may be required for practical training, job applications, academic advancement, and scholarship applications. If you do not get a health check during one of the periods below, the university will not be able to issue your health certificate, and you will need to get a health check at your own expense at an external medical facility.

Health check
schedule

April 15 (Mon) ~ April 25 (Thu)
May 21 (Tue) ~ May 31 (Fri)
June 3 (Mon) ~ June 12 (Wed)



1. You must make an appointment for your health check

Appointment system available: **12:00 noon April 8 (Mon.) – 18:00 May 15 (Wed.)**

(If reservation spaces are available, appointments may be made until 18:00 on June 12.)

Appointment system access: Use the QR code on the right. →
The **Appointment System User Guide** can be found on the university health center web site: <http://www.hc.nagasaki-u.ac.jp/>



- ✓ Each appointment time slot can only accommodate a limited number of people. Please make an appointment as soon as possible.
- ✓ The health check will take about 30-60 minutes. Please schedule your appointment accordingly.
- ✓ Different appointment times are set for men and women. If you desire a disability-related or other accommodation, or if you have gender-related questions about the health checks, please contact the health center before making your appointment.

After making your appointment, be sure to fill in the online medical history questionnaire before the day of your health check.

Japanese : <https://monsin.hc.nagasaki-u.ac.jp/>

English : <https://monsin.hc.nagasaki-u.ac.jp/en/>



2. On the day of your health check: Prepare the following necessary items

● **Urine specimen container:** Be sure to pick up an envelope with a container at the academic affairs office in your department. On the day of your health check, collect a sample of your urine immediately after waking up, and bring it with you. Please avoid excessive intake of vitamin C both the day before and the day of your health check, as it may affect urinalysis results. If you do not submit a urine sample on the day of your health check, please take your sample to the health check site during one of the health check periods noted above.

● **T-shirts, etc. for chest X-ray (if you do not bring a t-shirt, you may not be able to get an X-ray):** Please bring or wear a plain T-shirt without any decorations, such as buttons. Please take off your bra, bra top, wireless bra, and any camisole that contains plastic, etc. If you have long hair, tie it so that it does not cover your shoulders when you lift your chin. Make a bun at the top of your head, or put up your ponytail with a barrette.
***You should avoid wearing dresses, stockings, and tights.**

3. Notes

✓ **Please cooperate with infection control measures.**

If you feel sick on the day of your health check, or have a fever of 37.5°C or higher, please postpone your visit and reschedule your appointment. If you are unable to schedule an alternative date, please be sure to contact the Health Center (095-819-2213) by June 10 (Monday).

✓ **Health check sheet:** Distributed at the reception desk on the day of the health check. Please show your student ID card for identification. **Be sure not to take it home, as it will be collected after the health check.**

✓ Checks include: Height, weight, BMI, blood pressure, pulse, basic physical exam, urinalysis, and chest X-ray.

If you are a 4th-year undergraduate student, your abdominal circumference and visceral fat area will be measured, and you will also have a blood test. There are no dietary restrictions related to these tests.

If you are a 1st-year undergraduate student, you will also have mental health and dental screenings.

✓ **If you are unable to schedule your health check during one of the designated periods:** You will need to visit an external medical facility, at your own expense, and submit a copy of the health check results to the university health center. **The external health check must cover the following:** Height, weight, BMI, blood pressure, basic physical exam, urinalysis (protein, sugar, occult blood), and chest X-ray. **You will be responsible for the cost (around 5000 yen) of the external health check.** Results do not have to be in any specific format.

✓ **If you got, or plan to get, a health check at another medical facility in Japan after April 1, 2024, please submit a copy of the results to the health center.**

If you are a student, but are also required to get a health check as a Nagasaki University employee, you are exempt from the student health check.

✓ Students who entered Nagasaki University in the fall of 2023 should also participate in this health check.

4. Be sure to review the results of your health check

You can print out your health check results from a university certificate machine. The university website lists locations of certificate machines. The date certificates are available for printing will be posted on the health center website.

You can view your results on the Internet via this QR code. →

For more details, please refer to the health center web site, which also explains how we handle and protect personal information.



If there are any abnormalities in your results, please be sure to get further testing at a hospital as soon as possible (if you have any questions, feel free to talk to a nurse at the health center).

Nagasaki University Health Center

<https://www.hc.nagasaki-u.ac.jp/>

Telephone: 095-819-2213 **E-mail:** health_phn@ml.nagasaki-u.ac.jp